Met Office

NEWS

Cold conditions herald the start of winter

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Britain will have a chilly run up to the start of winter as a cold northerly wind blows across the UK.

An area of low pressure to the east and a ridge of high pressure to the west will funnel cold Arctic air into the UK through the week. This Arctic maritime air will bring frequent showers to coastlines exposed to the northerly wind. These showers will be wintry over high ground in the north and increasingly the east, but perhaps also to lower levels during Wednesday and Thursday.

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High pressure to the west will bring a cold northerly flow to the UK this week, before a warm front turns things a little less cold for the weekend
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Away from the showers many of us will see lots of bright sunny weather this week, especially away from the coast. Overnight temperatures are expected to get as low as -4°C in central parts where the skies will remain mostly clear. The lowest overnight temperature so far this Autumn has been -6°C recorded at Braemar on 6 November.

Chief Meteorologist Steve Willington said, “Across the UK people will be feeling some pretty raw conditions as we go towards the start of winter, Thursday will feel especially cold with a biting northerly wind. Many parts of central Britain will have a very bright week with lots of sunshine. However, both east and west coasts will see frequent showers, some of which could be wintry over the hills and maybe down to lower levels by the end of the week in the east. This is exactly the sort of weather we would expect to see as we head into the winter months. The weekend looks to be mostly dry although it will be greyer and feeling slightly milder.”

As temperatures fall overnight there is chance of ice in some. A yellow warning for ice has been issued for northern Scotland tonight. Further warnings could be issued through the week, so keep up to date with our Severe Weather Warnings on our website.

Caroline Abrahams, Charity Director at Age UK said “The cold weather is challenging for many older people, particularly if they are coping with ill health or living in housing that costs a lot to heat.

“Exposure to the cold can have a really serious impact on older people because ageing bodies find it harder to adjust to big changes in temperature. For example, the cold raises blood pressure, which in turn increases the risk of a heart attack or stroke, and breathing in cold air can also increase the risk, and impact, of serious illnesses like flu and pneumonia.

“Simple precautions such as wrapping up warm when going outside, sleeping with the windows closed at night and having plenty of hot food and drinks throughout the day can help keep these risks at bay.

“We’d also urge everyone to keep a friendly eye on older relatives, friends and neighbours, especially when the weather is very bad and it’s difficult to get out. Offering to bring in some shopping, or just popping in for a chat and a cup of tea, can be a real help during the long winter months.”

Keep up to date with what the weather is doing in your area using our forecast pages and by following us on Twitter and Facebook, as well as using our mobile app which is available for iPhone from the App store and for Android from the Google Play store.

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